



Real people.

I'm ready for anything—even flu season.

"As a mom, keeping my family safe and healthy is my top priority. When we are on the go, running errands or going to a game, I help protect us from the spread of germs with alcohol-based hand sanitizers to clean hands and faces when we can't get to soap and water."

You can help reduce the spread of flu if you:

- Avoid close contact with people who are sick.
- Keep alcohol-based hand sanitizers in your purse, car and backpack, when soap and water is not available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw away your used tissue.

Real solutions.

You can help protect your family against the flu.

Visit www.cdc.gov/flu/

Call 800-CDC-INFO; TTY: 800-243-7889

The best protection against flu is to get vaccinated when possible.

